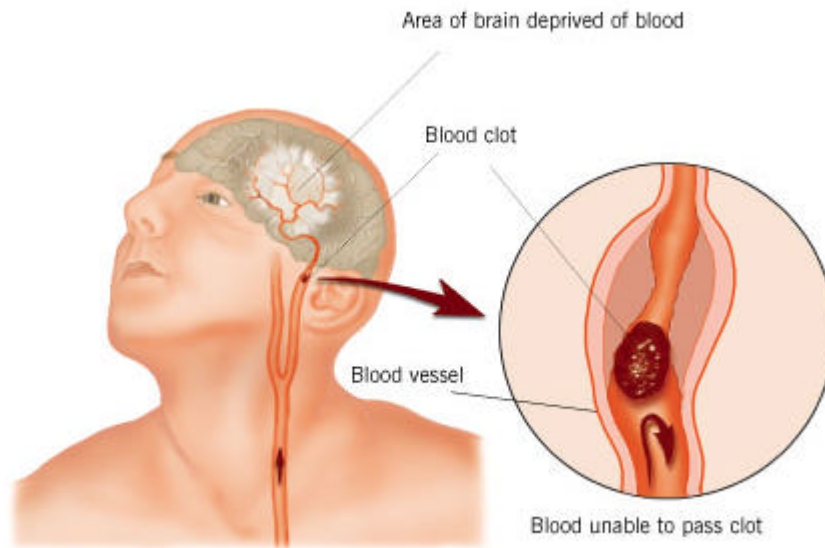


STROKE: Remember The 1st Three Letters...S.T.R.



RECOGNIZING A STROKE

If a stroke victim can get to a hospital within 3 hours of the stroke, the adverse effects can be reversed.

Remember the "3" steps, STR!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

S * Ask the individual to **SMILE**.

T * Ask the person to **TALK** to **SPEAK A SIMPLE SENTENCE**
(Coherently) (I.e. . . It is sunny out today)

R * Ask him or her to **RAISE BOTH ARMS**.

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out their tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke. If he or she has trouble with ANY ONE of these tasks, call 911 immediately!! And describe the symptoms to the dispatcher.